

Diversity in School Food Services

American schools daily prepare and serve:

26 million lunches

6 million breakfasts

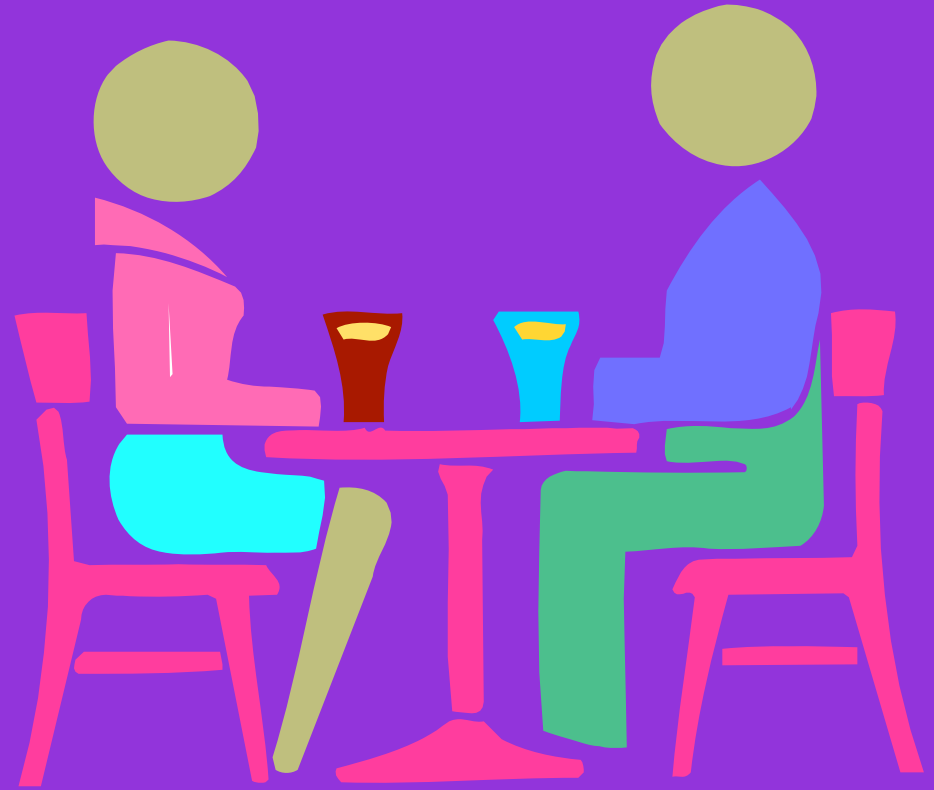


School Meals Have Come a Long Way



Transformation of Cafeterias

- Warm
- Fun
- Inviting
- Educational
- Multicultural



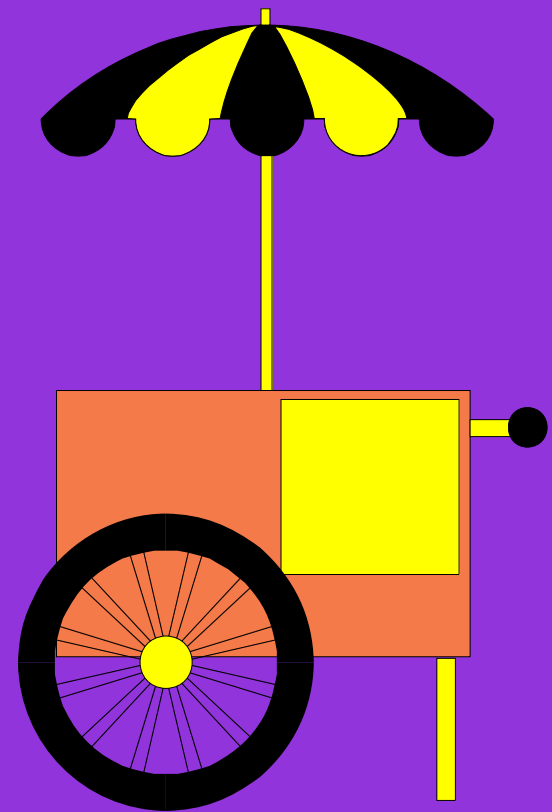
Breakfast

It is possible to offer ethnic choices for breakfast as well.

If time constraints due to school starting times or bus schedules are an issue, try
“Breakfast in a Bag”

or

Carts at the school entrance
where students can
“Grab-and-Go”



To ensure they are providing diverse meals, school districts should:

- Be aware of and sensitive to the background of our students.
- Collect student surveys on menus
- Be aware of religious holidays
- Plan for different choices and variety.
- Be aware of the food guide pyramid and dietary guidelines.
- Be aware of the fat content of foods.
- Not be afraid to try new foods or new ideas (taste test).
- Be sure your cafeterias are inviting.



Food Guide Pyramid

**fats,
oils,
sweets**

USE SPARINGLY

**Milk, Yogurt
and Cheese**

2-3 SERVINGS

**Meat, Poultry
Fish, Dry Beans,
Eggs and Nuts**

2-3 SERVINGS

Vegetables

3-5 SERVINGS

Fruit

2-4 SERVINGS

Bread, Cereal, Rice and Pasta

6-11 SERVINGS

Chinese-American Foods

bacon fat,
butter, coconut
milk, corn oil, duck
sauce, honey, lard,
maltose syrup, peanut oil,
sesame oil, sesame pate, soybean
oil, suet, sugar

buffalo milk
cow's milk
fish bones
soybean milk
yogurt

bean paste, beef,
chestnuts, chicken,
duck, eggs, fish (e.g.,
carp, catfish), lamb,
legumes (e.g., mung beans,
soy beans), pork, quail, rice
birds, shellfish and other sea-
food (e.g., shrimp, squid), squab

amaranth, arrowheads, bamboo shoots,
bitter gourd, black mushroom, bok choy,
cabbage, celery, chayote, chilis, Chinese
broccoli, choy sum, dried wood ear, eggplant,
garland chrysanthemum, garlic, ginger, green
beans, hairy cucumber, leek, lotus root, mustard
greens, okra, onions, Oriental radish, peas, pickled
cucumber, potatoes, scallion, spinach, sprouts, straw
mushrooms, taro, tomatoes, turnip, waterchestnut,
watercress, winter melon, yard-long beans

carambola, Chinese banana,
chinese pear, guava, jujube,
kumquats, litchie, longan, mango,
orange, papaya, persimmon,
pummelo, watermelon

barley, bing, dumplings, fried rice, glutinous rice, hua juan, mianbao, mantou, ningoh, noodles (including cellophane
noodles -- rice sticks, vermicelli), rice congee, rice flour, steamed rice, sorghum, Wonton wrappers, zong-zi

African-American Foods

butter,
candy, fruit
drinks, lard,
meat drippings,
soft drinks,
vegetable shortening

buttermilk,
cheese,
ice cream,
milk,
pudding

black-eyed peas,
beef, catfish,
chicken, crab,
crayfish, eggs, kidney
beans, peanuts, perch,
pinto beans, pork, red beans,
red snapper, salmon,
sardines, shrimp, tuna, turkey

beets, broccoli, cabbage, corn,
green peas, greens, hominy, okra,
potatoes, spinach, squash, sweet potatoes,
tomatoes, yams

apples, bananas, berries,
fruit juice, peaches, watermelon

biscuits, cookies, corn bread, grits, pasta, rice

Jewish Foods

cream
cheese, honey
gribenes, jelly,
margarine, marmalade,
mayonnaise, olive oil,
preserves, schmaltz, sesame
seed oil, sherbet, sour cream, sugar

cottage cheese, edam
cheese, farmer-s cheese,
gouda cheese, milk, Swiss cheese
yogurt

almonds, beef,
beef tongue, bob,
brisket, chick peas,
chopped liver, corned
beef, dry beans, eggs,
flanken, gefilte fish, herring,
lentils, lox, pastrami, poultry,
salmon, sardines, smelt, smoked
fish, split peas, tripe, veal

artichokes, asparagus, beets/borscht,
broccoli, brussel spouts, cabbage, carrot,
cauliflower, corn, garlic, green beans, greens,
latke, leeks, olives, onion, peas, peppers,
pickles, potatoes, sorrel, spinach, squash, sweet
potatoes, tomatoes, turnips, yams

bananas, citrus fruits, dates,
dried apples, dried apricots, dried
pears, figs, grapes, melons, prunes,
raisins, sabra

bagel, barley, bialy, blintz, bubke, bulgur, bulke, challah, crepe, dumplings, farfel, hard rolls, honey cake, kasha,
kichlach, knaidlach, leckach, matzoh, noodle pudding, pastry, pita bread, pumpernickel bread, rye bread, teiglach

Mexican-American Foods

bacon,
butter, candy,
cream cheese,
fried pork rinds, lard,
margarine, soft drinks,
sour cream, vegetable oil

cheddar cheese, custard,
evaporated milk, ice
cream, jack cheese,
powdered milk,
queso blanco (fresco or mexicano)

beef, black
beans, chicken,
eggs, fish, garbanzo
beans, kidney beans,
lamb, nuts, peanut
butter, pinto beans, pork,
sausage, tripe

agave, beets, cabbage, carrots, cassava,
chilis, corn, elote, iceberg lettuce, jicama,
green tomatoes, onion, peas, potatoes,
prickly pear cactus leaves, purslane, squash,
sweet potatoes, tomatoes, turnips

apple, avocado, banana, cherimoya,
guava, mango, orange, papaya,
pineapple, platano, zapote

bolillo, bread, cake, cereal, corn tortilla, crackers, flour tortilla, fried flour tortilla, graham crackers, macaroni,
masa, oatmeal, pastry, rice, sopa, spaghetti, sweet bread, taco shell

Traditional Navajo Foods

lard

**goat's cheese,
goat's milk,
sheep's milk**

**acorns, antelope,
beans, beef, blood
sausage, chicken,
deer, goat mutton,
mutton organ meats, pig,
pinon nuts, pinto beans,
prarie dog, rabbit, squash
seeds, tumble mustard seeds**

**carrot, corn, hominy, Navajo
spinach, potato, squash, squash
blossoms, steamed corn, wild celery,
wild onion, zucchini squash**

**cantaloupe, juniper berries,
Navajo banana, prickly pear,
squaw berries, sumac berries,
watermelon, wax currant
wild banana, wolfberries, yucca fruit**

**alkaad, blue bread, blue corn mush, blue dumplings, blue mush tamales, dry corn silk,
flour tortillas, fry bread, kneel-down bread, Navajo pancakes, unleavened bread, wheat sprouts**

Current Navajo Foods

butter,
fruit-flavored
ades and punches,
lard, margarine,
mayonnaise, salad dressing,
shortening, soda pop,
vegetable oil

cheese, goat's
milk, low-fat milk,
non-fat dry milk,
whole milk

beef, blood
sausage, chicken,
deer, dry beans, eggs,
elk, fish, frankfurter,
ham, mutton, peanut
butter, pinon nuts, pork,
prarie dog, processed meats

carrots, celery, corn, green beans,
hominy, lettuce, Navajo spinach, onion,
potato, red/green chilis, spinach,
squash, squash blossoms, steamed
corn, tomato, yellow hot peppers

apple, apricots, avocado, banana,
canned fruit, cantaloupe, casabas,
fruit juice, grapes, juniper berries,
kiwi, Navajo melon, orange, raisins,
sumac berries, watermelon

alkaad, blue corn bread, blue corn mush, blue dumplings, cereal, fry bread, kneel down bread,
macaroni, pancakes, spaghetti, tortillas, waffles, white bread, whole grain bread

Materials for this presentation were gathered from:

**FESTIVALS TOGETHER: A Guide to Multi-Cultural
Celebration by Sue Fitzjohn, Minda Weston, Judy Large, 1993**

**The Website of the AMERICAN SCHOOL FOOD SERVICE
ASSOCIATION**

**Pyramids developed by the PENN STATE NUTRITION
CENTER**

**CALENDAR OF HOLIDAYS AND FESTIVALS
The National Conference**